

Claims

1. An inhibitor of the formation of advanced glycation end products, which comprises anthocyanin.
- 5 2. The inhibitor of the formation of advanced glycation end products according to claim 1, wherein the anthocyanin is glycoside of delphinidin or cyanidin.
3. An inhibitor of aldose reductase, which comprises anthocyanin.
4. The inhibitor of aldose reductase according to claim 3, wherein the anthocyanin is glycoside of delphinidin or cyanidin.
- 10 5. A composition, which comprises anthocyanin and has activity of inhibiting advanced glycation end product formation and aldose-reductase-inhibiting activity.
6. A composition, which contains the inhibitor of the formation of advanced glycation end products according to claim 1 or 2 or the inhibitor of aldose reductase according to claim 3 or 4.
- 15 7. The composition according to claim 6, which is a medicament containing anthocyanin prepared from berries.
8. The composition according to claim 6, which is a medicament containing anthocyanin prepared from cassis.
9. The composition according to claim 6, which is a food containing anthocyanin prepared from berries.
- 20 10. The composition according to claim 6, which is a food containing anthocyanin prepared from cassis.
11. A preventive or therapeutic food against disease caused by the formation of advanced glycation end products or aldose reductase activity, which comprises anthocyanin.
- 25 12. The preventive or therapeutic food according to claim 11, wherein the above disease is diabetes or a related complication thereof.